

**CLAIMS:**

1. Play and training equipment comprising at least one play unit, at least one post to which the at least one play unit is mounted, and a connector for mounting the at least one play unit to the post; the at least one play unit including a mounting shaft at at least one end of the play unit; the connector enabling the play unit to move with a limited and dampened swinging movement around an imaginary axis between the mounting shaft ends at each end of the unit.

2. The play and training equipment according to claim 1 wherein the units each comprise a frame forming a closed loop and a number of members inside the frame.

3. The play and training equipment according to claim 2 wherein the frame preferably has an elliptic shape and the members are parallel to the short axis of the ellipse.

4. The play and training equipment according to claim 3 wherein the outer frame forms a bow.

5. The play and training equipment according to claim 1 wherein the members are bowed or curved towards either side of the frame.

6. The play and training equipment according to claim 1 wherein the connector includes an outer shell and a bushing within the shell; the bushing surrounding a mounting shaft of the play unit.

7. The play and training equipment according to claim 6 wherein the connector includes an inner tube; the inner tube being received within the bushing; the inner tube receiving the mounting shaft of the play unit.

8. The play and training equipment according to claim 6 wherein the bushing comprises discrete bushing elements spaced about said shell.

9. Play and training equipment comprising:  
at least one play unit, the play unit including a mounting shaft at at least one end of the play unit;  
at least one post to which the at least one play unit is mounted; and

5 a connector for mounting the at least one play unit to the post; the connector including an outer shell and a bushing within the shell; the bushing surrounding the mounting shaft of the play unit; the connector enabling the play unit to move with a limited and dampened swinging movement around an imaginary axis between the mounting shaft ends at each end of the unit.

10 10. The play and training equipment according to claim 9 wherein the connector includes an inner tube; the inner tube being received within the bushing; the inner tube receiving the mounting shaft of the play unit.

10 11. The play and training equipment according to claim 9 wherein the bushing comprises discrete bushing elements spaced about said shell.

12. The play and training equipment of claim 9 wherein the connector is mounted within the post.

15 13. The play and training equipment of claim 9 wherein the connector is mounted to an outer surface of the post.